

Probiotic Dairy Products as a Protective Factor of Dental Caries

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Background & Objectives: Recent researches indicate that probiotic dairy products have many health-promoting effects. Dental cariostatic properties is one of these benefits that refer to either milk components such as some peptides and calcium and either presence of probiotic Bacteria. The main purpose of this cross-sectional study was to examine association between consumption of probiotic dairy products and prevalence of dental caries.

Methods: Subject was 2025 man and woman with the mean age of 24.77 year-old, selected with stratified random sampling Methods from Tabriz city of Iran. Questionnaire with closed questions was designed about amount of daily intake of probiotic dairy products and other question was about complaint of dental caries. For statistical analysis of data with T-test and Chi-square-test, software SPSS 11.5 was used.

Results: As results mean consumption of probiotic dairy products in positive dental caries group was 62.5 ml/day and in negative dental caries group was 106.8 ml/day and there was highly significant differences between mean consumption of two group ($p < 0.01$). Statistical examine indicate presence of association between prevalence of dental caries and intake of probiotic dairy products when mean consumption was ≥ 250 ml/day ($\chi^2 = 5.14 > 3.841$, Prevalence Ratio: $0.041 < 1$, 95% Confidence Interval: $0.005-0.29$), but there was no association when consumption volume was < 250 ml/day ($\chi^2 = 1.44 < 3.841$).

Conclusion: It's concluded that mean consumption of probiotic dairy products more than one glass/day (≥ 250 ml/day) is a protective factor for dental caries and could reduce the prevalence of this complication in human.

Keywords: Probiotic Dairy Products; Dental Caries; Prevalence; Protective Factor